



**LOOKING FOR SOMETHING TO DO WITH THE KIDS...  
JUST WANT TO GET OUT AND DO SOMETHING?**

*Here are a few free and inexpensive things to do in Hampton Roads.*

*Air Power Park, Hampton  
(free)..... 727-1163  
Mount Trashmore, Va Beach*

*Chrysler Museum, Norfolk  
(closed Mondays).....664-6200  
Redwing Park, Va Beach*

*The Waterside, Norfolk  
(Indoor mall in downtown Norfolk, host various events through out the year).....627-3300*

*Trolly Tours, Norfolk-Va Beach-Portsmouth.....222-6100*

*This list was taken from the Fleet and Family Support Center, "Free and inexpensive things To Do in Hampton Roads"*

## DEPLOYMENTS — A WAY OF LIFE IN THE MILITARY

Deployments are an inevitable part of military life. Despite the challenges of separation and change, deployments can be managed. Information and skill building is key to managing the deployment. Working in concert with Command Leadership, the Family Support Group and Ombudsmen, the FFSC will help provide the necessary information and practical skills that allow active duty and family members to cope with deployment challenges.

Years of experience and knowledge about the deployment process make it possible to design a series of informational programs and support services. Over the years, FFSC has provided assistance in three stages of the deployment cycle:

- Pre-Deployment
- During the Deployment
- Reunion and Homecoming

Call the nearest Fleet and Family Support Center in Hampton Roads to find out more information about deployment related issues, schedule a class for your group or organization or register for one of the many classes on our program calendar.



**FLEET &  
FAMILY  
SUPPORT  
CENTERS**  
THEIR SUPPORT IS OUR STRENGTH

Norfolk 444-2102

Little Creek 462-7563

Oceana 433-2912

Northwest 421-8770

Yorktown 887-4606

Newport News 688-NAVY

After hours, weekends,  
& holidays 444-NAVY

Toll-free 1-800-FSC-LINE

The following information is offered to assist you in making one of the most important decisions in the health, well-being, and development of your child. For a more detailed written guide and/or a personal consultation, please call the Child Care Resource and Referral Office at (757) 444-7420 or 444-3670.

**Types of Child Care Settings:** Child Care Centers - A center-based program allows opportunities for your child to socialize with other children his/her age in a setting designed for young children. Some day care centers offer services such as transportation or specialized instruction. Some centers for preschool age children offer a more structured curriculum designed to prepare your child for school. Most centers have fixed hours, and fees for infant care can be quite high. Some center-based programs, including most of the Navy on-base centers in the region, are accredited by the National Association for the Education of Young Children (NAEYC).

Family Child Care Homes - \*Family child care homes are settings in which caregivers care for children in their own homes, sometimes with the help of additional adults, depending on the ages and number of children. Only homes certified by the Navy (or other military) or homes or centers certified and/or licensed by the state of Virginia are listed in the Resource and Referral data base. This type of arrangement offers a home-like, natural environment and more flexibility in the hours of operation to accommodate your work schedule. Some homes even provide care 24 hours a day, 7 days a week. \*Navy Home Care Providers are certified by the Navy to care for children in their homes located on or off base. Training, inspections and criminal background checks are conducted by the Navy. The Navy subsidizes fees for eligible parents of children aged six weeks to five years. For more information about becoming a Navy Child Development Home Care Provider contact the Regional Training and Curriculum Specialist or the Regional CDH Director at (757) 462-7317 or 462-7304. They are located at Naval Amphibious Base Little Creek, Norfolk, Virginia.

**Factors to Consider When Choosing a Child Care Provider:** \*Staff - adult-child ratio, training and experience, interactions with children \*Children - respect for individual difference and abilities, developmentally appropriate activities and materials \*Visit the home or center you are considering with your child. Is your child happy in this setting? \*Family Involvement - daily communication between staff and parents, references of other families in the program \*\*Do not consider any program which does not allow you to visit at any time. \*Environment - safety and cleanliness, posted license/certificate

You are the best judge of what quality care means for you and your child. Although licensing, accreditation, and recommendations by others are important, these factors alone do not ensure that a particular provider will be the best for you and your child. Be sure to investigate all your options. If you have doubts about a particular provider, keep looking. Once you have found a suitable child care provider, be sure to get a written contract to define responsibilities and policies.

## **Wildcat Family Support Group**

*The Family Support Group is just as its name describes. It is a group of VFA-131 Family members that get together and support each other. It is a great way to meet new people and make new friends. There are a lot of activities for the children as well as the adults. If you are looking for things to do, and people that know what you are going through, then you should check out the FSG.*

*I want to say thank you to Kelly Figueroa for her dedication to the FSG in her time as President. I also want to welcome and say thank you to Pam Starkweather for stepping up as the new FSG President.*

**Hello to all,**

**Let me introduce myself I am Pam Starkweather and I am the President of the Family Support Group for VFA 131 . So far we are in the planning stages of a half way night for us here at home. We are trying deciding between three locations. The Cinema café, The Comedy Club or Otonies. Please let me know what you would rather do and the majority will win. We are also getting our fundraisers going. There is alot of planning and alot of fun in all of it.**

**Our meetings are every other Saturdays. Please feel free to email me any questions you have concerning the Family Support Group. I will be happy to answer any question you might have. We are here for every one of you. And I can't stress that enough. If you want to help out in any way just let me know. We are here for each other and to support one another. My email address is [ms2starkyswife@aol.com](mailto:ms2starkyswife@aol.com) please feel free to email me.**

**GOD BLESS you all --Pam**



### **Up Coming FSG Events-**

March 27<sup>th</sup> @ 3:00 pm-  
Family Support Group meeting  
( Pam Starkweathers house)

April 10<sup>th</sup> @ 10am – 2pm  
Bake Sale fundraiser  
(Taylor's Do-IT Center on Independence)

April- to be announced  
Easter Party

Half Way Home Party- plans to be announced

**Emails will be sent out for any changes or dates that are set in between newsletters**